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Wright State University Student Body

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WEEKLY HOROSCOPES
OCTOBER 8, 2018
BY SARAH CAVENDER

ARIES – You will be feeling a little psychic this week Aries. Consider this a gift from the universe so you are aware that you should go to class. You will see visions of doing better on that test if you are present.

TAURUS – Looking for a good distraction from your personal life this week Taurus? Take up learning a language! The stars think you should learn Portuguese. Why you might ask, because it's unique and a good way to start a fun dinner conversation.

GEMINI – Reward yourself for your efforts this semester Gemini! Get yourself some ice cream and a gold sticker! You deserve it for all your hard work.

CANCER – Drinking energy drinks and coffee at the same time is not only unhealthy but a bad decision Cancer. We suggest drinking water and detoxing. You shouldn't be talking that fast.

LEO – Going out on Wednesday is a bad idea this week Leo. Mostly because you go out every single night. We do not understand how you can afford it. Take Wednesday off from social activities and spend time with your pet fish. He misses you.

VIRGO – Compliment and spread happiness today dear Virgo and the universe will reward you! For every smile you give someone else it will be reciprocated. Make the world a little happier today.

LIBRA – Stop describing memes in social situations Libra. We get it, your angry Arthur clenched fist when someone says something offensive. Just act normal instead of a real life timeline.

SCORPIO – Have you been needing to start a swear jar Scorpio? Start replacing swear words with strange overly large words no one knows. Like adomania or kairosclerosis. Happy googling!

SAGITTARIUS – You have been investing into too many subscription boxes lately Sagittarius. We know the world is big scary place but there is more to life than blogging about your recent unboxing. Try Meijer or Walmart. The items there will surprise you just as much as a box.

CAPRICORN – The stars suggest quoting the Office for the rest of the week. You are now named Dwight and this is your week to pull your best knowledge of the show into your life.

AQUARIUS – Searching for new genre of music Aquarius? We suggest trying classic rock music. Shake up your routine a little with some Lynyrd Skynyrd and Led Zeppelin. Boost your bass!

PISCES – Words are kinda difficult right now Pisces. The stars know you are struggling with putting your emotions and thoughts into sentences. We suggest only communicating in emojis this week. Better yet use Bitmoji. It's basically you reenacting the emoji in cute outfits.

WRIGHT STATE STUDENTS DECORATE AND DRIVE GOLF CARTS IN CELEBRATION OF
HOMECOMING
OCTOBER 8, 2018
BY MIKE FALLEN

The Office of Student Activities hosted the second annual Homecoming Golf Cart Parade on Thursday. Twenty golf carts, rented by Student Activities, were loaned to student groups and organizations. The task of each group was to decorate the carts like they would a parade float, according to this year's homecoming theme, "Home of Champions."

Each group was given time from 12-5 p.m. on Oct 4, to decorate their floats. They were judged by members of Student Affairs from 5-6 p.m., then they took off and toured the campus, beginning at the Quad and ending up at the bonfire by the mud volleyball court.

Dylan Collison coordinated and marketed the parade. He is a freshman working for Student Activities and was excited to be given the opportunity to host the parade.

"A bunch of schools around the country have parades for homecoming, so this is our way of incorporating parades and floats without breaking the bank of any student organizations," Collison said.

WWSU radio entered a cart with a WALL-E theme. They walled in the cab with brown-painted cardboard, glued eyes to the roof and attached tinfoil hands to the front.

Sigma Phi Delta made their cart look like a mobile red brick castle. "The theme this year was home of the champions and what better home for a champion than a castle," said Brendan Matteoli, member of Sigma Phi Delta.

The third floor of Hickory Hall entered a cart. Their cart was draped with cobwebs. A pair of googly eyes stared back from the bumper. Red and black balloons were tied to the roof supports. "It's spooky season," said Andrew Mroczka, a freshman on the floor, "so we tried to make our cart look spooky."

First place went to the Table Top Club for their dragon design.

Second place went to Third Floor Hickory Hall.

Third place went to the Fencing Club.

"I just wanted everyone to have fun," Collison said. "I think they did, but looking forward to next year, I want to try to increase the number of carts in the parade and try to promote more crowd interaction."

WRIGHT BROTHERS DAY HELD DURING HOMECOMING WEEK FOR THE FIRST TIME
OCTOBER 8, 2018
BY LUCAS GONZALEZ

Friday marked the eighth annual Wright Brothers Day at Wright State – a celebration of Wilbur Wright's flight on Huffman Prairie on Oct. 5, 1905. It was also an opportunity for students to observe and interact in a handful of inventions from Wright State and the greater Dayton area. It was held in the Student Union Atrium from 11 a.m. to 2 p.m.

Wright Brothers Day is intended to “highlight the innovative spirit of the Wright Brothers,” said Samantha Andrus, president of the Wright State American Marketing Association, which organized the event in conjunction with the Office of Marketing. This is the first time that the event has taken place on the week of homecoming. “We got lucky this year,” Andrus said.

Vendor stands at this year's event included a flight simulator, a cardiac risk interface, a robotic arm, information from the Wright State archives and a virtual reality (VR) surgery simulation. It also featured free pizza, raffle prizes, a selfie station and other games.

“I think it was pretty cool,” said Jason Martin, a freshman at Wright State. Martin said that he attended the VR station and robotic arm and got pizza and a free T-shirt. He recommends that other students check out Wright Brothers Day in the future. “I feel like if you're on campus, you should go.”

MacAir Aviation from the Greene County airport bought a flight simulator. Students had the chance to try the simulator and learn about opportunities available in the aerospace industry, according to Doug Magoffin, a flight instructor with MacAir Aviation. Magoffin said that Wright Brothers Day is a great opportunity for students to exchange ideas and learn about technology, “I think it's wonderful.”

The Wright State Archives brought an exhibit of early aviation pioneers from the early 20th century. “It's just fun to learn about these people who had such courage to try something new at a time that it really wasn't an exact science,” said Dawne Dewey, head of the Wright State Archives. “This year, I feel like we were busier than we've ever been at Wright Brothers Day. I think it's been a lot of fun.”

SPORT RECAP: MEN'S AND WOMEN'S TENNIS START PLAY
OCTOBER 9, 2018
BY ARIAN MCNEIL

Both the Wright State Men's and Women's Tennis teams began playing recently for the 2018-19 season. Both teams kicked off their season the weekend of Sept. 22, with the men playing in the University of Dayton Invite and the women competing at the Liberty Invitational in Lynchburg, Va.

Men's Results

The men's team saw some early success on the first day of the Dayton Invite, notching a total of six victories. Sophomore Param Pun defeated Langford Hills of Dayton in a tight match, 6-4, 6-7, 11-9. Lorenzo Maccarini and Leighton Brandon also had close three set singles victories for the Raiders. The team had three wins at doubles: two against conference-opponent Northern Kentucky University (NKU) and one against Xavier.

On the second day of the invitational, the Raiders faced Xavier and Northern Kentucky in singles, with Pun winning the lone singles match against Xavier. The team's play improved against NKU, winning five of the seven singles match-ups. Pun, Marcelli and Brandon were among those who won, along with Carlos Estrada Sanchez and Theo Bourghelle.

Women's Results

The women's team started the season off slow at the Liberty Invitational. On the first day of play, the Raiders faced Liberty and James Madison. Junior Anna Jones contributed to the only two wins of the day, winning one of her singles matches 6-0 6-2, and she had a doubles victory with partner Jillian Milano, 6-2.

In day two of the tournament, doubles were the only courts the Raiders were able to win, beating Marshall and Longwood. Jones and Milano again teamed up to defeat Longwood in a close 7-5 match. Two other doubles wins came from the pairs of Madison Riley and Haily Morgan, as well as Luisa Pelayo and Grace Whitney.

Both the men's and women's teams will continue play throughout the fall and winter to prepare for upcoming Horizon League conference play.

STUDENT GOVERNMENT PROPOSES PLANS FOR INDEPENDENT RECREATIONAL FACILITY

OCTOBER 9, 2018

BY LUCAS GONZALEZ

Student Government Association (SGA) at Wright State has been working on an initiative to establish an independent recreational facility on campus. At a Sept. 21 Board of Trustees meeting, student body President Daniel Palmer and Vice President Adrian Williams presented their proposal to the board.

Wright State's facilities "are lagging behind a little bit from other comparable institutions," Palmer said at the board meeting. Currently, students are limited to the McLin gym for recreational activities. "If you're lucky, it's available four hours a day for students," Palmer said.

Palmer recently signed Executive Order 19-02 to establish a task force for the recreational facility initiative. The task force will be comprised of members of the campus community. It is currently in the first phase: research.

Before the initiative were to pass, the student body would vote on it. The idea is that every student would contribute to the expenses through student fees, according to Palmer. It is not clear at this time how much it would cost individual students, as SGA has not yet reached the budgeting phase.

"The cost per student is going to depend on what ends up being the final product," said Ivan Mallett, chief of staff. SGA plans to announce the individual cost before the student body votes on the initiative, according to Mallett.

SGA intends to have the research and budgeting & finance phases completed by the end of the fall semester, according to information provided by Mallett. The spring semester will be dedicated to the marketing and voting phases. Public meetings will be scheduled for every step of the process, Mallett said.

The facility is meant to be "all-encompassing," and to be used for more than just recreational space, according to Mallett. It may include classrooms, a ball room and spaces for Greek life events, he said.

Palmer said that he hopes the final product will be "the most accessible recreation facility in the country." Although Palmer has a personal vision for the facility, he said that "it's really important that the student body puts in their vision as well."

Palmer said that a recreational facility would increase retention at Wright State. At a Sept. 7 mini-summit, he and Mallett presented a study conducted by Bowling Green State University. It

shows that with the presence of a recreation facility, participants in club sports were 2.2 times more likely to enroll the following semester, student employees showed a 100 percent

retention rate between semesters and regular users of the facility were 1.44 times more likely to enroll the following semester.

“We have an issue here at Wright State as far as marketing ourselves, retaining our students [and] getting students to enroll here,” Palmer said. “I see this as a way to fix those issues.”

SGA CELEBRATES TOP TIER ORGANIZATIONS
OCTOBER 9, 2018
BY SRUTHI TENKAYALA

Top Tier Bash will be held on Nov. 2 in the Endeavor Room from 4-6 p.m. This is an event to celebrate the achievements of student organizations who have achieved Tier 4 and Tier 5 status by attending Student Organization Achievement Recognition (SOAR) workshops, performing community service and doing collaborative events with other organizations on campus.

“Top Tier Bash is pretty much just a big celebration for organizations with pizza, drinks, games and it’s a time to just hang out with them and celebrate what they did the last year,” said Austin Rex, director of outreach and collaboration

The SOAR program is a 5-tiered challenge program aimed towards student organizations. The program helps organizations earn various awards while they work towards their goals. SOAR, led by the House of Representatives in SGA, holds workshops every other week.

Achievements made through the SOAR program are meant to encourage student organizations to reach higher goals. The tier system is an indication of the amount of work an organization has done throughout the semester.

“For Tier 5, it’s 20 hours of service per member for each semester, so 40 hours over the whole year for each member of the organization,” said Rex. “Performing a collaborative event with another organization encourages working with one another instead of just keeping to themselves and coming to our SOAR workshops, which are designed to educate them about how to operate more effectively as an organization.”

Rex explained that the tier system has become more uniform this year.

“Last year it was separated into different tracks for different types of organizations,” Rex said. “Greek organizations had a different track, religious organizations had a different track and social organizations had a different track. But now it’s all uniform, it’s all the same thing, so it’s a lot friendlier to look at and we think that makes it fair for everybody.”

All organizations are welcome to take part in the SOAR program and work towards completing tier challenges.

Plaques are being made for student organizations to be awarded at Top Tier Bash, as well as a banner that will be hung up in the Student Union atrium. Each individual member gets to sign the back of the banner.

“Last year, we had four Tier 4 organizations and this year we have nine, so I’m really excited that a lot of our organizations are seeing this program as something that they should strive

towards. I believe it's a great program to help organizations on campus function better and to work better with each other, so I'm really happy to see how far we've come from when we started and how far we'll go in the future," said Rex.

CAREER CORNER: ONLINE PORTFOLIOS
OCTOBER 10, 2018
BY JAMIE PENWELL

If you are a student pursuing a Liberal Arts degree, you most likely will need an online portfolio to apply for jobs. They are becoming increasingly sought-after by employers.

The necessity of an online portfolio is major-specific; they are mostly required for job applications in the fields of the creative arts, communications and liberal arts.

Online portfolios are an extension of a resume. They should showcase your work; they may include things such as photographs, videos, artwork, writing samples, introduction and contact information.

Lisa Duke, assistant director of Career Services, has recommendations for students creating portfolios for themselves. She says, "what I would like students to think about doing is actually creating their own website and doing their own coding." Not only will this showcase technological savviness, it will also help your portfolio stand out from others.

While there are websites students can use to help them create an online portfolio, Duke says, "I honestly think that going out on your own and making your own would be best."

These websites include wix, Weebly and Sqaurespace, among others.

Online portfolios are convenient because today's society is becoming more and more technological. This way, you can showcase your work to an employer without having to bring in hard copies to an interview.

"It's online, and isn't that really where everything's going these days anyways," explains Duke.

Companies can get a feel for what you are capable of by viewing your online portfolio. They are a great way to show off your hard work.

It would be wise to have the URL to your online portfolio on your social media pages. "Definitely link the online portfolio to that LinkedIn page," says Duke.

Some classes at Wright State have projects where students create online portfolios for themselves.

Online portfolios are not new. According to Duke, "online portfolios have been around for a while."

WRIGHT STATE PLANS CHANGES TO CAREER SERVICES
OCTOBER 10, 2018
BY MIKE FALLEN

Wright State University is planning organizational changes to its Career Services Program. The changes are divided into two aspects: centralization and expansion, according to Tim Littell, executive director of Student Success.

“Centralization,” said Littell, “helps us increase the efficiency of all of our career-related services campus wide.” After the changes take place, both Career Services and Academic Advising will be placed under the administrative umbrella of Student Success.

“These changes to centralization very intentionally placed the career center and all affiliated staff for Career Services within the division of Student Success to promote synergies between career staff and academic advising staff,” said Cheryl Stuart, director of Career Services.

A career consultant will be added to each area where there is already an academic advising hub. By doing this, Student Success hopes that they will be better able to advise all types of students, from seniors ready to graduate to undeclared students who have not yet matriculated to a particular college or major.

Expansion, the other aspect of the changes, is broader. “The expansion includes early intervention career development and an emphasis on expanding employer-student engagement opportunities,” Stuart said. “They will be adding tools to assess career development, which will help students look at both their career-life goals and their academic interests, as well as comparing those goals and interests with career financial potential.”

Information on the new tools are available on Wright State’s Student Success website on the “Career Center” tab at the top.

The organization adjustments to Career Services were made possible by the introduction of a new fee to students. The Department of Higher Education has recently allowed universities to charge what is called an Enhanced Career Services fee.

The Ohio Department of Education has become keenly interested not only in student’s academic success, but also, “in recognizing that those student’s degrees translate into careers,” Littell said. “Colleges and universities were not really resourced to do that effectively.” Hence, the new fee. At Wright State, the Enhanced Career Services fee will only be \$25. Other colleges are charging upwards of \$100 - \$150 to students, according to Littell.

These changes are targeting what is called in the field of Career Services and Academic Advising students who do well academically but drop out after their second and third year, Littell said.

“All of this,” said Littell, “is about increasing student persistence at the university and decreasing time to degree.” Student Success is “here for the students,” Littell said.

DO STUDENTS WANT A NEW INDEPENDENT RECREATION FACILITY?

OCTOBER 10, 2018

BY ARIAN MCNEIL

Campus leaders are looking for new ideas and ways to improve the campus, as well as student life. One new idea that has been recently proposed is a possible new independent recreational facility. This recreational facility would be a stand alone building, allowing for the space the current recreational facility resides in to be opened up for more student spaces.

The Guardian recently published a poll on Twitter, asking students what they thought of an independent rec facility. Of the 81 students who voted, seventy-eight percent voted that they would like a new recreational facility, while the remaining twenty-two percent voted no. One student who voted no felt that the money going towards a recreational facility could be put to better use.

"I feel like we need to put our resources in much better places. Russ needs an update, Housing security improvements are desperately needed, math and micro is begging for an update as well. We don't need another rec facility at all. Investing in other things are much more needed" stated Grant Sommer.

The idea of an independent recreational facility is being supported by the Student Government Association. The Chief of Staff, Ivan Mallett, feels that it would be an important update for the university.

"People should care about the independent recreational facility because it helps our school look better and opening up the Student Union spaces would allow for a stronger community. With the extra space for our students organizations it would allow for more institutional support for those groups." Mallett said.

Currently in the Student Union students have access to a swimming pool, fitness center, fitness studios, a gym, and locker rooms. Removal of these resources to be placed in another building would leave a lot of space open for improvements.

"One idea that has been pitched is that we turn the space that is currently the swimming pool into a theater. Adding things like that will encourage students to stay on campus and interact with each other outside of classes." added Mallett.

The independent recreational facility is a relatively new idea, and the idea will be developed further in the coming weeks and months. Students wishing to express opinions, or who have ideas of what they would like to see in an independent recreational center are encouraged to reach out to the Student Government Association.

DAYTON'S NOT DEAD: YELLOW SPRINGS STREET FAIR OFFERS "SOMETHING FOR EVERYONE"

OCTOBER 11, 2018

BY LUCAS GONZALEZ

Expect to find Yellow Springs at its liveliest this Saturday. It marks one of two annual street fairs held in the village. The Yellow Springs Street Fair will host over 200 vendors who sell goods including handmade arts and crafts, accessories and oddities, as well as live music and street performers. The festival will take place downtown from 9 a.m. to 5 p.m.

"It's kind of like seeing Yellow Springs on a more amped-up level," said Alexandra Scott, special events coordinator with the Yellow Springs Chamber of Commerce. "All of the things that are already cool about Yellow Springs are right there in your face."

Attendees can expect plenty of food to choose from. Most of the food vendors will be located on Walnut Street, just outside Mills Lawn Elementary School. There will be fair food, porkchop sandwiches, barbecue food Flyby BBQ, Ritter's Frozen Custard and Zombie Dogs – "pretty much something for everyone," Scott said.

All local shops and restaurants will be open during the fair, many of which will have specials for the event. "It's going to be a great day to shop," Scott said.

The Yellow Spring Street Fair has been an annual tradition for more than 30 years. The Yellow Springs Chamber of Commerce usually expects up to 25 thousand people to attend, according to Scott. The festival started as a small sidewalk sale and over time grew into what it is today, she said.

In addition to the street fair, the Music and Beer Festival will be held at the John Bryan Community Center at 100 Dayton St., Yellow Springs. Attendees can enjoy local craft beer and music acts from 12-7 p.m.

Performers will include local funk band Mojo Power, Cincinnati indie trio Marjorie Lee and The Lovers, rock band Spanish Tony Sanchez and local rock, funk and blues act Gary Arnold & Stone Soul Soup.

Attendees can also catch smaller folk and country acts and the local belly-dancing troupe, Egyptian Breeze, at The Soin Stage from 9 a.m. to 5 p.m. It is located in the lawn of Jackson Lytle & Lewis Life Celebration Center at 1834, 322 Xenia Ave. Egyptian Breeze will perform at 12 p.m. and 2 p.m. The local up-and-coming band Ever So Mellow will perform between their sets, according to Scott.

Two free shuttle services will provide transportation from 9 a.m. to 7 p.m. They run from Young's Dairy at 6880 Springfield Xenia Rd. and Yellow Springs High School at 420 E. Enon Rd. to downtown Yellow Springs. There will also be free and paid parking in and around town.

The festival is pet-free with an exception for service animals; this is for animals' safety, according to Scott. Scott encourages people to bring cash to the fair. ATMs will be available.

"One of the best things about Yellow Springs Street Fair is that it's fun," Scott said. "Nothing makes me happier than to look around and see people having fun, especially if I've done something to make that happen."

"REACH OUT OF THE GRAVE" 5K FUNDRAISER
OCTOBER 11, 2018
BY SHADDIA QASEM

Wright State medical students have coordinated their first annual fundraiser to raise money for Reach Out of Montgomery County with a fun Halloween twist.

"[The fundraiser is for] Reach Out of Montgomery County which is a free clinic that serves the underserved and [uninsured population of] Montgomery County," said race coordinator Courtney McCall. "They are hoping to expand their physical therapy department because right now it's pretty limited," added McCall.

The clinic is mostly run by volunteers that consist of medical students and undergrads as well as nursing staff. "It is almost entirely volunteer based. The physicians that work at Miami Valley will go there after their shifts and see patients for free," said Courtney Smith, the race director for the Reach Out of the Grave 5k.

So far, about 105 participants have signed up. With an admission fee of \$35 for adults and \$15 for youth, the goal for Reach Out of the Grave is \$10,000.

One of the most fun things about this event is that it is Halloween themed. To make things more exciting, the 5k will have zombies chasing after you.

For those who love zombies and the idea of surviving the "zombie apocalypse", now is the chance to live out your fantasies; you can even volunteer to become a zombie!

Runners will have a three-flag belt on them during the race, in which zombies will attempt to "infect" runners by pulling the flags off. Those that cross the finish line with a flag left can trade their flags in for raffle tickets to win prizes at the after-party.

"[The race] starts and ends at White Hall; it goes around the campus by Wright State Physicians and comes back," said Smith.

Reach Out of The Grave will be held on Saturday, Oct. 27 at 8 a.m. and the after-party will start at 10:00 a.m. The after-party will include music, trick-or-treat for kids and food provided by the Say Cheese Food Truck. The raffle will consist of donated prizes from 60 companies all around Dayton, Cincinnati and Columbus.

For an extremely fun way of starting your morning, sign up at squareup.com/store/reachoutofthegrave5k.

NETFLIX REVIEW: TO ALL THE BOYS I'VE LOVED BEFORE
OCTOBER 11, 2018
BY SRUTHI TENKAYALA

When I first saw the trailer, I thought to myself, “there’s no way I’m watching this.” I cannot handle second-hand embarrassment and the trailer was loaded with it. Romantic comedy is not my favorite film genre either. Yet somehow, I ended up watching it. And to my pleasant surprise, I ended up enjoying it.

To All the Boys I’ve Loved Before is based on Jenny Han’s young adult fiction novel with the same title, which became a New York Times bestseller in 2014. Lara Jean Covey (played by Lana Condor), is the protagonist; a timid girl who exercises a tremendous lack of self-awareness. Cue her snacking in the library while everyone shoots her irritated glances.

Setting aside her attempts to be invisible, Lara Jean is big on romance and deals with her crushes by writing them letters and storing them away in a teal box. She is convinced it is the perfect way to deal with her crushes, since no one will ever find out. Especially not the boys in question.

Of course, they find out. That is when things get messy.

What follows the reveal is a heartwarming love story with Peter (played by Noah Centineo) as the main love interest. Josh (played by Israel Broussard) and Lucas (played by Trezzo Mahoro) are her other letter recipients. Two others are off-screen. Peter happens to be one of the most popular guys in school, so when he confronts Lara Jean about her letter, she promptly faints. As if things are not messy enough, they decide to fake a relationship to help Lara Jean get over her crush on Josh and to make Peter’s ex-girlfriend jealous.

While nothing about this setup is new, the film provides a fresh take on the age-old fake dating trope. As a viewer, you know they end up having feelings for each other. What matters is how they get to that point. To All the Boys I’ve Loved Before works because of how expressive and relatable the characters are. The dialogue and narration coupled with genuine humor is enough to keep you hooked.

Lara Jean and Peter are two teenagers stumbling through love, and they work together, which is more than I can say about quite a few rom-com couples. They bond over common (and not so common) interests, their banter is not forced and they have an innocent chemistry that is enjoyable to watch develop.

The ending was not as ambiguous as the book, and unless you read it, you could not tell. It was sweet and simple; a fitting ending for such a wholesome movie. To me, the movie does not have many negative traits. To put it simply, To All the Boys I’ve Loved Before is a rom-com done right.

And to think, this film would not exist if Lara Jean's box had a lock.

FITNESS FRIDAY – 13-MINUTE EXERCISE
OCTOBER 12, 2018
BY ARIAN MCNEIL

In order to stay in shape and be healthy you have to dedicate time to working out. If you are working or taking classes, it may be hard to find that time in your busy schedule. According to recent research in Medicine & Science in Sports & Exercise, you may only need to exercise for thirteen minutes, three times a week.

After eight weeks, the researchers found that those who completed one set of each exercise benefited just as much as those who did five times as much work.

For this week's Fitness Friday, try this 13-minute workout for those who are in a time crunch but want to get stronger. For the best results, complete this workout three times a week.

- * One minute of side planks, 30 seconds each side

- * 30-second rest

- * 30 seconds of mountain climbers

- * 30-second rest

- * One minute of push-ups, full or knees

- * 30-second rest

- * One minute of sit-ups

- * 30-second rest

- * One minute of squats

- * 30-second rest

- * One minute of ab twists

- * 30-second rest

- * One minute of squat jumps

- * 30-second rest

* One minute of jumping jacks

* 30-second rest

* 30-second plank

* One minute of high knees